

How to use this diary

Don't forget - fill this diary in every day. It provides important information for you and your doctor.

Sits

Aim for 3 sits each day - usually best after breakfast, after school, (or mid afternoon at weekends), and after tea. Use a small footstool if your child's feet don't reach the floor while seated on the toilet. Write the time suggested by your doctor for each sit on top of the left page for each month. The time may be reduced or increased later depending on progress.

Set the time on an oven clock or other timer so there are no arguments about when time is up. A book or tape to listen to may help encourage the sitting. However a small "push" from time to time may help the poo out.

If your child has a poo within the first minute or so of the sit continue the sit for the full time because another poo may appear.

For every sit on the toilet put a tick ✓ If your child has a poo in the toilet at that time also add a star ☆

Extra stars

Award extra stars for a poo on the toilet outside the regular sit times.

Accident Free Days

Place a star ☆ for each accident free day. Leave blank if an accident occurs.

Medicine

Write in an abbreviation of the name of the medicines you have given with the amount in mls. E.g. L10, S10

L 10, S 1 0

could indicate Lactulose 10mls(2 teaspoons) and Senna 10mls, morning and evening. While the dose stays the same just a tick to indicate the medicine has been given.

Comments

Write in any useful information in this column.

Day Date	Morning	Afternoon	Evening	Extra Stars	Accident Free Days	Medicine	Comments
16							
17							
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Total Stars for Month:	
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Start a new page for each new month

Information Leaflet number: 247 (24/05/11)
Author/Contact: Contenance Team SCH

TRAINING DIARY

For further advice contact:

Main hospital number: 0114 271 7000

Patient Advice & Liaison Team (PALS)
The Children's Hospital
Western Bank
Sheffield
S10 2TH
PALS office: 0114 271 7594
www.sheffieldchildrens.nhs.uk

Review 2014

Our young patients are at the centre of everything we do and all our work is focused on providing them with the best facilities, equipment and experience possible, helping to provide a world-class facility that is positioned at the very forefront of paediatric care.



www.tchc.org.uk
Tel: 0114 271 7203
Email: charity@sch.nhs.uk

Reg Charity No 505002



The Children's Hospital Sheffield 

Start a new page for each new month

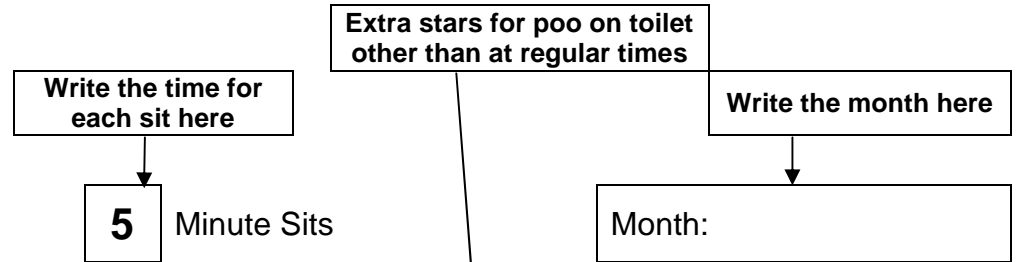
Minute Sits

Month:

Day Date	Morning	Afternoon	Evening	Extra Stars	Accident Free Days	Medicine	Comments
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Be Positive and Flexible

This program works very well for families who stick to the routine and keep their child's morale high with lots of positive encouragement and support. Don't be too disappointed with recurrence of accidents. Try to use the diary to understand why the accident might have occurred. Over a period of time you may find it possible to modify the dose of some medicines to suit your child. Please do not radically change or stop medicines without advice from the clinic. It is easy for constipation to recur.



Day Date	Morning	Afternoon	Evening	Extra Stars	Accident Free Days	Medicine	Comments
1	☆	✓	✓	☆	☆		
2	✓	✓	✓			✓✓	
3	✓	✓	☆		☆	✓✓	
29	☆	✓	✓	☆	☆	✓✓	
30	✓	✓	☆	☆	☆	✓✓	
31	✓	✓				✓✓	

Count up all the stars for the month and write in total

Total Stars for Month: 16

Start a new page for each new month

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Minute Sits

Month:

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Total Stars for Month:	<input type="text"/>
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Start a new page for each new month

Start a new page for each new month

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